



League Commissioners

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City of Stamford Recreation Division COED Adult Kickball

Rules, Regulations & Guidelines

GENERAL RULES:

1. Do not take this too seriously; go have fun! Don't get too hung up on the rules and their interpretations.
2. Revisit Rule 1. If you take this too seriously, we have a great psychiatrist we can recommend.
3. Roster must have a minimum of 5 men and 5 women. A team consists of a maximum of 10 defensive players and your roster is unlimited to the amount of players you can have on it. You may add players to your roster at any time. They must sign the roster on file at the Recreation Services Department in order to be eligible.
4. Kickball is meant to be a 10 player sport. However, a minimum of 7 players is needed to start and continue a game without penalty. A team may compete with 6, but will receive an automatic out for the absent 7th batter even in the event of injury. A forfeit shall be declared if a team has 5 or fewer players.

# OF PLAYERS	ALLOWED	
More than 10	Only 10 may play defense in the field.	Teams may bat an unlimited # of players but must alternate ends until the point teams are shorthanded (see below).
10 Players	5 men & 5 women	Ideal Situation
9 Players	5 men & 4 women OR 4 men & 5 women	Kicking team will provide the defensive team with a catcher.
8 Players	5 men & 3 women, 4 men & 4 women, 3 men & 5 women	Kicking team will provide the defensive team with a catcher and use only 3 outfielders.
7 Players	5 men & 2 women, 4 men & 3 women, 2 men & 5 women, 3 men & 4 women	Kicking team will provide the defensive team with a catcher and use only 3 outfielders and 3 infielders.
6 Players	4 men & 2 women, 3 men & 3 women, 2 men & 4 women	Kicking team will provide the defensive team with a catcher and use only 3 outfielders and 3 infielders PLUS an out will be taken in the 7 th spot in the batting order.

5. Games are 7 innings or 55 minutes*. *No new inning shall start after 55 minutes. In the event of a tie, one extra inning shall be permitted only if time permits (under 55 minutes). Games can end in a tie.

6. Sneakers or plastic cleats must be worn by all players. No metal cleats, sandals or bare feet are allowed.
7. Kickball is played on a softball field. The bases will be placed at 60 feet. The pitching rubber will be placed at 42 feet.
8. There are no official officials. Teams will be required to self-officiate. That means that players must know the rules and be ethical when calling the game. **The kicking team will be the official** when their team is up to bat. They will call fair/foul, balls/strikes, out/safe. The official should be positioned behind home plate, not obstructing the batter. Teams will also be responsible to have base coaches and they will call out/safe on the bases.
9. Since there are no official officials, close or disputed calls will be decided by one throw of 'Rock, Paper, Scissors'. Rock (fist) beats scissors (two fingers) beat paper (flat hand), but paper beats rock.
10. Each team will be given a set of shirts. Teams should wear those shirts during league games. If a team would like to provide their own t-shirts they may, but must wear them during games.
11. Each team will get an official kickball scorebook and must keep official score. Teams should ensure all scores are correct at the completion of each ½ inning.
12. The team with the most creative name, as voted on by the league managers and office staff, will get a pizza party during the season. Team will let Recreation Staff know the best week.

DEFENSE:

1. Defensive Positions:
 - a. Pitcher: the pitcher must pitch the ball with at least one foot in contact with the pitcher's rubber.
 - b. Catcher: must stand behind the mat and behind the batter. No obstructing the batter.
 - c. Infielders: must have 2 men and 2 women in the infield. They must be positioned behind the pitcher.
 - d. Outfielders: all outfielders must be a minimum of 30 feet beyond the bases. Outfielders are panned to this imaginary line until the ball is kicked. Teams will be responsible for pacing off this 30 foot imaginary line prior to starting.
2. Shorthanded Rule (see chart on page 1): Teams may play with fewer than 10 players.
 - a. Playing with 9: Offensive team will provide defensive team with a catcher.
 - b. Playing with 8: Offensive team will provide defensive team with a catcher, and defensive team will use 3 outfielders and 3 infielders.
 - c. Playing with 7: Offensive team will provide defensive team with a catcher, defensive team will use 3 outfielders and 3 infielders.
 - d. Playing with 6: Offensive team will provide the defensive team with a catcher and use only 3 outfielders and 3 infielders PLUS an out will be taken in the 7th spot in the batting order.

3. Put Outs: An out will occur when a defensive player:
 - a. Catches a ball before it hits the ground (in fair or foul play).
 - b. Fields a ground ball and throws it to first/second/third/home base with runners on.
 - c. Fields a ground ball and tags a runner with the ball prior to reaching the next base.
 - d. Fields a ground ball and tags the base prior to runner reaching the base.
 - e. Fields a ground ball and throws it at the runner from the **shoulders down**. NO HEAD SHOTS – any thrown ball that hits a runner in the head shall be a dead ball. Runner will be awarded the next base.
4. Pitching: Pitcher must pitch the ball from the pitching rubber at 42 feet.
 - a. No bouncies: the ball must bounce at least twice on approach to home plate.
 - b. Excessive speed: pitcher must pitch ball in slow to moderate speed towards home plate. Excessive speed will be considered a dead ball. It cannot be kicked.
 - c. No walks: ensure you have someone that can throw strikes.

OFFENSE:

1. A batter will get one attempt to kick the ball. EXCEPTION: All batters shall be allowed one foul ball. A missed attempt (swing and miss), a bunt or illegal kick (kicking in front of home plate) is an out.
2. Batter must kick the ball from behind the mat .The pitched ball must pass over front edge of the mat before it may be kicked by the offensive player. Kicking the ball with pivot foot in front of home plate/mat will result in an out. The batter may kick the red rubber ball if it is a ball and not a strike. However, the must still be behind the mat.
3. Batter out: Batter is out in the following situations:
 - a. Force outs, pop outs, tag of base, etc.
 - b. No bunting allowed.
 - c. Foul balls. A batter will be permitted one foul ball. Second foul, the batter is out.
 - d. Batter/runner is out when he/she is hit by a thrown ball shoulders down. If a batter/runner is hit above the shoulders (in the head) with a thrown ball in an attempt to make a put out, the batter/runner is awarded the next base.
 - e. Strike out: a batter is out if he/she takes 2 strikes. See Rule 5 below.
 - f. No leading or stealing. See Rule 4 below.
4. Leading and Stealing: A runner who leaves the base before the pitch reaches home plate or is kicked is out and the ball is dead. Leading and stealing bases between pitches is not allowed. This will be difficult to enforce and will create tension between teams, so just don't do it. Repeat offenders should be reported to the League Director.
5. Strike out: a batter will strike out if he/she takes 2 strikes. A strike is considered a ball that passes through the strike zone. A swing and a miss is a strike. A foul ball is considered a first strike. If a batter takes a strike after the first foul ball they are out. However, if a batter fouls a pitch with one pitched strike, he/she will have one more attempt to bat. 2 foul balls is a strike out.
6. Crashing into a fielder: In order to prevent injury and protect the defensive player attempting to make a play on a base runner, the base runner will be declared out if the

runner deliberately with an intent or force crashes into a defensive player in an attempt to dislodge the ball. If the act is determined to be flagrant or with any force the incident shall be reported to the League Director for further review and possible disciplinary action. For clarification purposes the baseline is 6 feet wide from the center of the base (3 feet each side) so runners have plenty of room to run around defensive players without being ruled out for being out of the baseline.

7. Sliding: Though legal, sliding is not recommended and should only be used to avoid collision. If an offensive player slides, they are liable to be put out by a thrown ball if they are hit ANYWHERE on their body during the slide. This includes head shots, so slide at your own risk.
8. Number of batters: Teams may bat an unlimited number of batters; however a maximum of 12 will be permitted each inning. Upon the completion of the 12th batter's at-bat, the half-inning shall be declared over. The 12 batter rule shall also apply for all teams competing with less than 12 players.
9. Substitutions/Re-Entry Rule: Players not listed in your original batting lineup shall be considered substitutes. Substitutes may take the place of a starting player offensively and/or defensively. The starter may re-enter the game but only into the same batting spot they previously occupied (batting order can never change). Once a substitute is removed from the game, they cannot re-enter.
10. Bunting: Bunting will not be permitted. It is a dead ball and automatic out. A ball that does not come within 5 feet of the pitcher's mound (imaginary line extended across to both foul lines) shall be declared an out. EXCEPTION: If a defensive player makes a play or touches the ball prior to the ball reaching the line, the ball is live.
11. Game Time: Teams shall be responsible for getting their games started and finished on time. Forfeit time has been established as game time; teams should report to the field 15 minutes before the scheduled starting time of the game.
12. Courtesy Runner: One courtesy runner shall be allowed per inning, provided they are the same gender and the last batted out (last male or female to make an out respectively). There are no ghost runners.
13. Protests: There are no protests. All concerns or disputes shall be brought to the League Director's attention. The league is designed to be fun and social, and shall be governed as such.
14. Run Ahead Rule: In an attempt to save dignity, there is a 'mercy rule' of 12 runs at the completion of 4 innings.
15. Alcohol Policy: While we are all adults and most likely responsible, we ask that all participants refrain from drinking while playing the game. We definitely do not expect to see any red cups on the field during the game, and staff will politely ask you to remove it.
16. Inclement weather: If we have to cancel due to inclement weather, we will post on the website and at 203-977-4641 after 3pm on Thursdays.
17. The League Director reserves the right to make any decision necessary to support the best interests of the league and its participants.